



Wild Rice Salad with Dried Fruit and Orange-Sherry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.8 cup apricots dried diced



0.3 cup celery diced



16 ounce rice wild cooled cooked room temperature



0.3 cup flat-leaf parsley chopped



0.5 cup golden raisins



0.3 cup olive oil



1 cup orange juice fresh (3 oranges)

- ☐ 2 teaspoons orange zest
- ☐ 1 cup pecans coarsely chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 2 tablespoons sherry vinegar

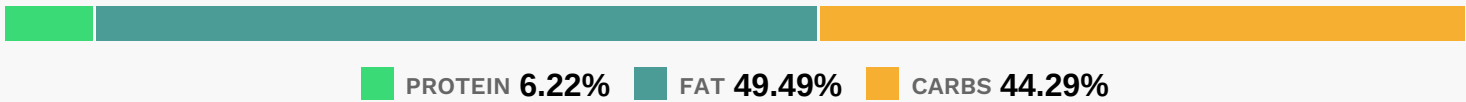
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Place pecans in a single layer in a shallow pan; bake, stirring occasionally, 5 minutes or until toasted. Set aside.
- ☐ Bring orange juice to a boil in a medium saucepan.
- ☐ Add apricots and raisins; remove from heat, cover, and let stand 15 minutes.
- ☐ Whisk together vinegar, salt, and pepper in a large bowl; gradually whisk in olive oil. Stir in orange zest, shallot, celery, parsley, fruits with their soaking liquid, and prepared rice; stir to combine. Stir in toasted pecans just before serving.

Nutrition Facts



Properties

Glycemic Index:34.76, Glycemic Load:8.28, Inflammation Score:-7, Nutrition Score:11.864782561427%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 4.17mg, Apigenin: 4.17mg, Apigenin: 4.17mg, Apigenin: 4.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 291.49kcal (14.57%), Fat: 16.95g (26.08%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 29.97g (10.9%), Sugar: 16.28g (18.09%), Cholesterol: 0mg (0%), Sodium: 228.39mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Manganese: 0.88mg (44.01%), Vitamin K: 37.71µg (35.92%), Vitamin C: 20.17mg (24.45%), Copper: 0.34mg (16.76%), Fiber: 4.16g (16.62%), Vitamin A: 690.25IU (13.81%), Potassium: 441.83mg (12.62%), Vitamin E: 1.88mg (12.54%), Magnesium: 48.95mg (12.24%), Phosphorus: 117.1mg (11.71%), Vitamin B1: 0.16mg (10.6%), Zinc: 1.54mg (10.25%), Vitamin B6: 0.2mg (10.21%), Folate: 36.41µg (9.1%), Iron: 1.54mg (8.57%), Vitamin B3: 1.5mg (7.48%), Vitamin B2: 0.11mg (6.44%), Vitamin B5: 0.39mg (3.89%), Calcium: 35.58mg (3.56%), Selenium: 1.48µg (2.11%)